

# COMMUNITY RESOURCE DIRECTORY

for

# Westport Seniors



PUBLISHED BY THE WESTPORT DEPARTMENT OF HUMAN SERVICES

TOWN HALL WESTPORT, CT 06880

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Resource Directory is Available to View Online at \_\_\_\_\_



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## WESTPORT DEPARTMENT OF HUMAN SERVICES

### “COMMUNITY FOCAL POINT FOR SERVICES TO OLDER PERSONS”

#### SERVING OLDER ADULTS AND THEIR FAMILIES

**Westport Town Hall, 110 Myrtle Avenue, Room 200**

Elaine Daignault, MA, NCC	Director	203-341-1050	<a href="mailto:edaignault@westportct.gov">edaignault@westportct.gov</a>
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Felicia Smith	Administrative Assistant, CSA	203-341-5099	<a href="mailto:fsmith@westportct.gov">fsmith@westportct.gov</a>

*Hours: 8:30 AM - 4:30 PM*

*Telephone: 203-341-1050*

*Fax: 203-341-1073    Email: [humansrv@westportct.gov](mailto:humansrv@westportct.gov)*

*Office and home visits by appointment*

*All discussions strictly confidential; no charge for services*

#### **Center for Senior Activities**

*21 Imperial Avenue, Westport, CT 06880*

*Hours: Monday-Wednesday and Friday 7:30 AM - 4:30 PM*

*Thursday 7:30 AM - 8:00 PM*

*Saturday 8:30 AM - 3:00 PM*

*Telephone: 203-341-5099*

*Sunday special events sponsored by the*

*Friends of the Westport Center for Senior Activities*

*[www.westportct.gov/seniorcenter](http://www.westportct.gov/seniorcenter)*

*Email: [seniorcenter@westportct.gov](mailto:seniorcenter@westportct.gov)*

## EMERGENCY TELEPHONE NUMBERS

**POLICE, FIRE, EMERGENCY MEDICAL SERVICES.....911**

For all emergencies, including TDD calls.

For non-emergencies:

**Police 203-341-6000**

**Fire 203-341-5010**

**EMS 203-341-6081**

**Health District 203-227-9571**

### COVID-19

Current information regarding resources available during the COVID-19 pandemic.

Please contact all agencies and businesses for current status.

[online resource guide for residents](#)

**Eversource.com.....800-286-2000**

Eversource Storm Safety Video, Electrical safety during and after a storm. <https://youtu.be/mjNyrb6bNSc>

[mjNyrb6bNSc](#)

Residents with a medical condition should sign up with Eversource as a priority restoration.

### Staples Radio WWPT 90.3 FM

Residents can find additional information on the Town's website [www.westportct.gov](http://www.westportct.gov) and

National Weather Service <https://www.weather.gov/okx/>

Additional updates will also be posted on the Westport Fire Department Facebook page [https://](https://www.facebook.com/westportctfire)

[www.facebook.com/westportctfire](https://www.facebook.com/westportctfire)

Westport recently moved from **CODE-RED to NIXLE** for emergency communications. Update your information to receive instant updates neighborhood-level, public safety related emergency messages right to your home or cell phones. To get important local alerts you must sign up by texting 06880 to 888777 or sign up at [www.Nixle.com](http://www.Nixle.com). For more information on NIXLE, contact Westport Police or Fire Departments.

### Red Cross: How to Prepare for Emergencies

<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm#Before>

**POISON CONTROL...call 911, then.....1-800-222-1222**

Provides immediate instructions on poisons. [www.uchc.edu](http://www.uchc.edu)

**NORWALK HOSPITAL.....203-852-2000**

<http://www.norwalkhospital.org/>

**DUBOIS CENTER –Crisis center-24 hour helpline.....203-358-8500**

<http://www.ct.gov/dmhas>

### Westport Weston Health District

*Individuals with disabilities may register in advance with the Westport Weston Health District if they need special help in case of a town-wide or neighborhood emergency.*

*To register, call: 203-227-9571.*

*Individuals with hearing problems may call 911 for emergency or .....203-227-0883 for non-emergency (TDD).*

## 2

## GENERAL INFORMATION

### **DEPT OF HUMAN SERVICES.....203-341-1050**

Westport Town Hall, Room 200.

Information and assistance related to : Social Security, Medicare, Medicaid, family relationships, state and federal programs, home care, day care, housing options, energy assistance, tax relief, renter's relief, transportation, educational opportunities, volunteer opportunities, counseling, financial assistance, home maintenance, and most other concerns of older adults. Home and office appointments. Email: [humansrv@westportct.gov](mailto:humansrv@westportct.gov)  
[www.westportct.gov](http://www.westportct.gov)

### **AARP (Connecticut office).....1-866-295-7279**

<http://states.aarp.org/region/connecticut/>

### **DO NOT CALL LIST.....1-800-842-2649**

Call to register with CT. Consumer Protection Department.

[www.donotcall.gov](http://www.donotcall.gov)

### **DOMESTIC VIOLENCE CRISIS CENTER.....1-888-774-2900**

24 hour help line.....[www.dvccct.org](http://www.dvccct.org)

### **ELDERCARE LOCATOR.....1-800-677-1116**

Information on elderly services in other areas. Provide zip code of person you want to assist. [www.eldercare.gov](http://www.eldercare.gov)

### **MEDICARE .....1-800-633-4227**

[www.medicare.gov](http://www.medicare.gov)

### **MUNICIPAL AGENT FOR THE ELDERLY- Kristen Witt.....203-341-1067**

### **MUNICIPAL AGENT FOR PEOPLE WITH DISABILITIES**

**Michelle Bottone.....203-341-1068**

Assistance with information and referral to community, state and federal resources for the elderly and disabled

### **PHOTO IDENTIFICATION CARD.....1-800-842-8222**

For adults without drivers' licenses, call Department of Motor Vehicles  
[www.dmv.org](http://www.dmv.org)

### 3

## GENERAL INFORMATION

### **PROTECTIVE SERVICES.....1-888-385-4225**

Investigates reports of neglect, abuse, exploitation and abandonment of persons 60 and over and takes corrective action when necessary.

[Protective Services](#)

### **SENIOR GO TO GUIDE**

Senior Directory....<https://www.seniorgotoguide.com/view-printed-directory>

### **SOCIAL SECURITY, Bridgeport office.....1-866-331-6399**

National Number.....1-800-772-1213

### **SWCAA.....1-800-994-9422 OR 1-203-333-9288**

Southwestern Connecticut Agency on Aging

**Regional information and assistance on all aging issues and services; health insurance counseling on options supplementing Medicare, Medicare Part D, Private Care Management. [www.swcaa.org](http://www.swcaa.org)**

### **VETERAN AFFAIRS**

### **CT. DEPT. OF VETERAN AFFAIRS.....1-203-366-7175**

[www.ct.gov/ctva](http://www.ct.gov/ctva)

### **U.S. DEPT OF VETERAN AFFAIRS...(Hartford).....1-800-827-1000**

[www.va.gov](http://www.va.gov)

#### **CALL INFOLINE**

**211**

**24 hour, free, confidential hotline  
for information and resources**

[www.infoline.org](http://www.infoline.org)

## 4

## ADULT DAY CARE CENTERS FOR THE FRAIL & ELDERLY

*The Centers listed here are certified as medical adult day health centers. They provide supervised social and recreational programs as well as health services for the frail elderly. Some offer bath service and hairdressing service. Discounted fees may be available to eligible individuals.*

**ELDERHOUSE.....203-847-1998**

7 Lewis Street, Norwalk

Evening respite program. Transportation provided.

[www.elderhouse.net](http://www.elderhouse.net)

**GRASMERE BY THE SEA.....203-365-6470**

1 Post Road, Fairfield

<http://jseiors.org/services/day-services/adult-day-program/>

**GREENWICH ADULT DAY CARE– River House.....203-622-0079**

125 River Road Extension , Greenwich

[www.gadc.org](http://www.gadc.org)

**WAVENY CARE CENTER.....203-594-5200**

3 Farm Road, New Canaan

[www.waveny.org](http://www.waveny.org)



## **5 COUNSELING AND SUPPORT SERVICES**

**ALCOHOLICS ANONYMOUS.....203-227-2496**

[www.ct-aa.org](http://www.ct-aa.org)

**ALZHEIMER'S ASSOCIATION.....203-939-1360**

Support groups for patients as well as caregivers.

24 hour help line..... **1-800-356-5502**

<http://www.alz.org/ct/>

**ALZHEIMER'S FOUNDATION OF AMERICA.....1-866-AFA-8484**

Focuses on providing optimal care to patients and support for families.

[www.alzfdn.org](http://www.alzfdn.org)

**BEREAVEMENT GROUPS – Visiting Nurse & Hospice of Fairfield County.....203-762-8958**

Call for schedule of workshops and support groups. [www.visitingnurse.net](http://www.visitingnurse.net)

**CENTER FOR HOPE.....203-655-4693**

590 Post Road, Darien

Helps adults and children living with a life threatening illness, or grieving the death of a loved one with professional counseling, education and support in an atmosphere of hope and renewal.

[www.familycenters.org](http://www.familycenters.org)

**DEPT. OF HUMAN SERVICES.....203-341-1050**

Westport Town Hall, Room 200

Experienced staff provide short-term counseling to older adults and their families.

Center for Senior Activities offers support groups

[www.westportct.gov](http://www.westportct.gov)

**DUBOIS CENTER.....203-358-8500**

Crisis intervention Center.

<http://www.ct.gov/dmhas/>

## **6 COUNSELING AND SUPPORT SERVICES**

### **ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251**

Committed to providing care for the mind, body and spirit as an integrated continuum of behavioral health and addiction services.

<http://www.stvincents.org/medical-services/behavioral-health>

### **JEWISH FAMILY SERVICES.....203-454-4992**

733 Summer Street, 6th Floor, Stamford 06901

4200 Park Avenue, Suite 300 Bridgeport, CT 06604

Non-sectarian services include individual, couple and group counseling, home companion program, support groups for widows and widowers, vocational training and employment service for those over 55 years of age.

<http://ctjfs.org/>

### **LIBERATION PROGRAMS.....203-851-2077**

129 Glover Avenue Norwalk, CT

Providing specialized care for alcohol, medication and other drug-abuse concerns for adults over 55. Home visits, assessments and counseling provided at no cost.

<http://www.liberationprograms.org/Home>

### **NEW LEARNING CENTER.....203-307-3030**

49 John Street, Southport

Professional counseling services: on-call therapist available 24 hours, 7 days a week. Therapists specializing in geriatrics.

[www.newlearningcenter.com](http://www.newlearningcenter.com)

### **POSITIVE DIRECTIONS.....203-227-7644**

420 Post Road West, Westport

Works with individuals, families and communities toward the prevention of and recovery from substance abuse and other addictive behavior.

<http://www.positivedirections.org/>

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## COUNSELING AND SUPPORT SERVICES

### **SUPPORT GROUPS AT NORWALK HOSPITAL.....203-852-2250**

Support groups for a wide variety of issues. Call for listing.

<http://www.norwalkhospital.org/>

### **WIDOWED PERSONS SRVC OF GTR BDGPRT.....203-368-4291**

Free, national program offered by local volunteer widowed men and women who have been trained to give support and guidance on a one-to-one basis to newly widowed people. Call for outreach volunteers or newsletter.

<http://www.wpsgr.org/>

## 8

## EMPLOYMENT

### **INDEED.COM**

#### **Job opportunities in the Fairfield County Area**

Daily email blasts of job opportunities.....**203-341-1050**

### **AMERICAN JOB CENTER SOUTHWEST (FORMERLY CTWORKS)**

.....**203-953-3247**

Bridgeport

Training and job search assistance program that helps people, age 55 and older with obtaining skills necessary or employment. [www.ajcswct.com](http://www.ajcswct.com)

### **GOODWILL CAREER CENTER.....(203) 259-3943**

1700 Post Road East, Westport CT 06880

Free Career Centers offering workshops, computers and trained career counselors

<http://gwct.org/career-centers>

### **JEWISH FAMILY SERVICES.....203-454-4992**

4200 Park Avenue, Suite 300 Bridgeport, CT 06604

733 Summer Street, 6th Floor, Stamford, CT 06901

Non-sectarian services include vocational training and employment service for those over 55 years of age.

<http://ctjfs.org/>

### **SENIOR COMMUNITY SERVICE EMPLOYMENT.....203-921-4161**

(TITLE V) - Stamford

Provides training and employment for income eligible job seekers 55+.

[www.ctjfs.org](http://www.ctjfs.org)

### **WESTPORT LIBRARY.....203-291-4840**

Workshops and resources to help job seekers find information.

[www.westportlibrary.org](http://www.westportlibrary.org)

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## GERIATRIC ASSESSMENT

Medical evaluation of seniors' functioning within their environment. Care plan, information and referral to seniors and their families.

**BRIDGEPORT HOSPITAL-Geriatric Assessment Center.203-384-3388**  
[www.bridgeporthospital.org](http://www.bridgeporthospital.org)

**WAVENY CARE CENTER CHARLOTTE AND DAVID BROWN**  
**GERIATRIC EVALUATION CLINIC.....203-594-5311**

**GREENWICH HOSPITAL GERIATRIC SERVICES .....203-863-4373**  
<https://www.greenwichhospital.org/>

**JEWISH HOME FOR THE ELDERLY-Institute on Aging...203-396-1240**  
[JEWISH HOME FOR THE ELDERLY](http://www.jewishhomefortheelderly.org)

**NORWALK HOSPITAL GERIATRIC ASSESSMENT .....203-852-3112**  
<http://www.norwalkhospital.org/>

**ST VINCENT'S MEDICAL CENTER GERIATRICS.....203-576-5710**  
[www.stvincents.org](http://www.stvincents.org)

**ALZHEIMER'S ASSOCIATION.....203-899-1805**

Information, assistance, literature and referrals. Safe Return Program.

Support groups; In-service Education; Respite Program. [www.alz.org](http://www.alz.org)

**AMERICARES FREE CLINIC OF NORWALK.....203-899-2493**

98 South Main Street, Norwalk

Free primary care for the uninsured. Call for information regarding services and hours. [www.americaresfreeclinics.org](http://www.americaresfreeclinics.org)

**EPIC HEARING HEALTHCARE AUDIENT PROGRAM.....866-956-5400**

Helps low-income families afford hearing care. Candidates qualify based on their annual household income.

**CANCER CARE OF CONNECTICUT.....203-854-9911**

Counseling, information, seminars, referrals to other support services and financial guidance and some assistance. [www.cancercare.org](http://www.cancercare.org)

**COMMISSION ON DEAF & HEARING IMPAIRED.....1-800-708-6796**

Serves the slightly hearing impaired to the profoundly deaf. Interpreting services, job counseling and placement, counseling and advocacy.

<http://www.dhoh.ct.gov/dhoh/site/default.asp>

**COMMUNITY HEALTH CENTERS ( Bridgeport Hospital)**

Bridgeport.....203-333-6864

Stratford.....203-375-7242

Stamford.....203-327-5111

Sliding scale fees, full service and dental clinic, [www.bridgeportchc.org](http://www.bridgeportchc.org)

**NORWALK COMMUNITY HEALTH CENTER .....203-899-1770**

120 Connecticut Avenue

Full range of primary care services. Appointments only. Sliding scale.

[www.norwalkchc.org](http://www.norwalkchc.org)

**CT BOARD OF ED. SERVICES FOR THE BLIND.....1-800-842-4510**

Provides comprehensive home and community services for legally blind persons of all ages. No fee. [www.ct.gov/besb/](http://www.ct.gov/besb/)

**CT RADIO INFORMATION SYSTEM, INC (CRIS).....1-860-527-8000**

Connecticut's talking Newsstand for the Blind and Print Handicapped 24 hours a day 7 days a week. Special radio required.

**CT VETERANS HOME AND HOSPITAL.....1-860-529-2571**

287 West Street, Rocky Hill, CT

Hospitalization and convalescence care for veterans. [www.ct.gov/ctva](http://www.ct.gov/ctva)**DENTAL SERVICES CLINIC (Norwalk Hospital).....203-852-2146**

Located at 34 Maple St., Sliding fee scale. Appointment necessary.

<http://www.norwalkhospital.org>**UNIV. OF BRIDGEPORT DENTAL CLINIC.....203-576-4138**

60 Lafayette Street Bridgeport, CT

**Connecticut Dental Health Partnership..... 1-866-420-2924****DISABILITY RESOURCE CNTR / FAIRFL'D CNTY.....203-378-6977**

80 Ferry Blvd., Suite 210, Stratford

Support services, training and equipment to promote independent living skills and the rights of disabled people.

**EYECARE AMERICA.....1-877-887-6327**

Those 65 years of age and older who have not seen an ophthalmologist in three or more years are eligible for a comprehensive, medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and /or other insurance reimbursement as payment in full. Uninsured patients will receive care with no charge. [www.eyecareamerica.org](http://www.eyecareamerica.org)

**FAIRFIELD COUNTY MEDICAL ASSOCIATION.....203-372-4543**Provides help in finding a doctor. [www.fcma.org](http://www.fcma.org)**ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251**

Full range of inpatient and outpatient behavioral health and chemical dependency programs. [www.stvincentsbehavioralhealth.org](http://www.stvincentsbehavioralhealth.org)

**HEALTH DISTRICT, WESTPORT WESTON.....203-227-9571**

180 Bayberry Lane Hours: 8:30 am – 4:30 pm, Monday – Friday

Provides monthly schedules and up-to-date public health service announcements. The Westport Weston Health District offers a variety of clinics and health programs including:

( continued on page 12)

**HEALTH DISTRICT, WESTPORT WESTON.....203-227-9571**

(continued from page 11)

- HIV-AIDS Counseling and Testing Clinic.
- Routine and Traveler's immunizations for adults and children.
- Cholesterol, blood pressure, and blood sugar screenings.
- Periodic cardiovascular, mammography, prostate and skin cancer screenings.
- Visits to the homebound to ensure health needs are met.
- General information on public health issues.
- Educational seminars and literature on a variety of health issues.

In addition, the Health District:

- Inspects and approves septic systems and private water supplies.
- Conducts routine inspections of day care centers, cosmetology and hair salons, restaurants and food stores to ensure sanitary conditions.
- Conducts quality water sampling for recreational areas.
- Investigates and resolves nuisance complaints.
- Maintains an emergency list of residents in need of special assistance during a weather or public health related emergency or disaster.

[www.wwhd.org](http://www.wwhd.org)**PSYCHIATRIC CLINIC (Norwalk Hospital).....203-852-2988**

Consultation, evaluation and treatment of mental health problems. Inpatient and outpatient. Sliding fee scale. Appointments. [www.norwalkhospital.org](http://www.norwalkhospital.org)

**VETERAN'S AFFAIRS NEW ENGLAND HEALTH CARE SYSTEM****West Haven.....203-932-5711**

Veteran's in-patient and out-patient care. Health screening. Help with prescription drugs. Appointments necessary. V.A. health screenings also available at Stamford Hospital. 203-325-0649. [www.va.gov](http://www.va.gov)



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## HOME HEALTH CARE

### **CT NAT'L FAMILY CAREGIVER SUPPORT PROGRAM.....203-333-9288**

Daytime and overnight relief for caregivers of individuals with Alzheimer's or related disorders. Southwestern Connecticut Agency on Aging.

[www.swcaa.org](http://www.swcaa.org)

### **CT HOME CARE PROGRAM FOR ELDER**

#### **Alternate Care Unit of CT.....(800) 445-5394**

Program of Connecticut Dept. of Social Services contracted with Southwestern Connecticut Agency on Aging, which funds a variety of home care services as an alternative to nursing home care. Asset restrictions.

[www.swcaa.org](http://www.swcaa.org)

### **FAMILY AND CHILDREN'S AGENCY.....203-831-2900**

Home Care Plus program offers a range of homemakers and home health aide services, subsidized to help with independence.

[www.familyandchildrensagency.org](http://www.familyandchildrensagency.org)

### **HOME DELIVERED MEALS OF WESTPORT.....203-341-5097**

Volunteers deliver nutritious dinners at mid-day Monday through Friday. Light supper meal optional. For homebound seniors who are not able to prepare own meals. [www.westportct.gov](http://www.westportct.gov)

### **HOME HEALTH CARE AGENCIES..**

List of certified agencies and ratings.....[www.swcaa.org](http://www.swcaa.org)

[Homecare Agencies](#)

### **PERSONAL EMERGENCY RESPONSE.....203-853-3116**

A 24 hour emergency response system with small personal "help" button to summon immediate aid. [www.familyandchildrensagency.org](http://www.familyandchildrensagency.org)

**NEW ENGLAND EQUIPMENT CENTER (NEAT).....866-526-4492**

The Equipment Restoration Center (ERC) has a large inventory of gently used durable medical equipment. It is where you can:

- Purchase restored equipment (walkers, canes, shower benches, wheelchairs, scooters, and more.
- Save 50% to 80% of the cost of the same item when new.
- Donate equipment to benefit people with limited or no insurance coverage; or in need of a “spare” wheelchair.
- Call to arrange for free pick up of your equipment; its tax deductible.

[www.neatmarketplace.org](http://www.neatmarketplace.org)

**VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY....1-800-898-HOME**

Complete array of home health care services including skilled nursing, physical therapy, occupational therapy, home telehealth, geriatric care management, home health aides and homemakers. Hospice and respite care. Medicare-certified, non-profit agency. [www.visitingnurse.net](http://www.visitingnurse.net)

**LOCAL PHARMACIES**

<https://www.westportct.gov/home/showdocument?id=24368>

**HOME MAINTENANCE & HOUSING LEGAL MATTERS****Housing:****APARTMENTS.....203-341-1030**

Planning and Zoning Office, Town Hall [www.westportct.gov](http://www.westportct.gov)

- Accessory Apartments: Permit allows conversion of part of home to legal apartment. Owner or tenant must be 62+ or disabled and receiving Social Security disability income.
- There are eight “Affordable Accessory Apartments” within private homes:
- Contact Planning Zoning for regulations and listings

**HOUSING CONTACTS - Dept. of Human Services.....203-341-1050****Southwestern CT. Agency on Aging.....1-800-811-9808**

Lists of: Assisted Living, Continuing Care Retirement Community, Congregate Living, Residential Care Homes, Independent Retirement Community, Subsidized Rental Housing available at [www.swcaa.org](http://www.swcaa.org).

**WESTPORT HOUSING AUTHORITY.....203-227-4672**

[www.westportha.org](http://www.westportha.org)

Is responsible for the operation of public housing located within the town. Federal and State funds are channeled to provide publicly operated low and moderate income housing for the community. Available openings are filled from a waiting list, with need and affiliation with Westport the primary consideration. The Housing Authority operates the following four facilities:

1. **Hales Court** - consists of 78 free-standing Cape Cod style house with 2 & 3 bedrooms.
2. **Canal Park** - is for seniors (62+) and disabled singles and couple of any age. It consists of 50 studio and one-bedroom apartments.
3. **Hidden Brook** - located on 1655 Post Road East, consists of 39 one, two, & three bedroom homes.
4. **Sasco Creek Village** - also located at 1655 Post Road East, consists of 54 new one, two, and three bedroom units.

**WHITNEY GLEN**— Sixty-two unit condominium pet friendly complex for 62 years and older, privately owned.....**contact local realtor**

## HOUSING - HOME MAINTENANCE & HOUSING LEGAL MATTERS

**AFFORDABLE HOUSING LISTING.....203-341-1050**

**THE SAUGATUCK.....203-967-8337**

Thirty-six unit cooperative building on Bridge Street converted from an elementary school. Independent living for adults 62+.

Managed by the Property Group of CT

[http://www.thepropertygroup.net/Contact\\_Us/](http://www.thepropertygroup.net/Contact_Us/)

**1141 POST ROAD EAST - ASSISTED LIVING FACILITY UNDER CONSTRUCTION**

96 - unit facility designed for assisted living quarters by mid-to-late 2020. Is an LCB Senior Living community and you may contact Karen Foley for more information. She can be reached at..... **781-983-0855**.

Community's website: <https://www.residencewestport.com>

**HOUSING LEGAL MATTERS:**

**BETTER BUSINESS BUREAU.....203-269-2700**

Find and accredited business. [www.connecticut.bbb.org](http://www.connecticut.bbb.org)

**CT CONSUMER PROTECTION DEPARTMENT.....1-860-740-4500**

Ext. 111. Consumer protection representatives will answer consumer questions. A list of registered contractors available. [www.dcp.state.ct.us](http://www.dcp.state.ct.us)

**LIST OF SENIOR HOME REPAIRS.....203-341-1050**

Dept. of Human Services can offer a listing of businesses and agencies who can provide light home repair at reasonable prices.

**REVERSE MORTGAGES.....203-341-1072**

CT Housing Finance Authority offers reverse annuity mortgages for long term care. FHA-insured reverse mortgages for any purpose. Also, see link:

<http://www.chfa.org/Homeownership/for%20Homeowners/ReverseAnnuityMortgageProgram.aspx>

**WE DO WALKWAYS, ETC.....203-341-1050**

Call for list of young people willing to shovel snow, rake leaves, etc.

Outdoor work only. Suggested compensation: \$10. per hour.

## 17 LEGAL INFORMATION AND SERVICES

**BETTER BUSINESS BUREAU.....1-860-740-4500**  
[www.connecticut.bbb.org](http://www.connecticut.bbb.org)

**CENTER FOR MEDICARE ADVOCACY.....1-860-456-7790**  
Legal advice and representation on Medicare issues.  
[www.medicareadvocacy.org](http://www.medicareadvocacy.org)

**CONNECTICUT LEGAL SERVICES .....1-203-348-9216**  
Private, non-profit, civil law firm dedicated to helping low-income families and individuals obtain justice. Legal assistance regarding elder consumer rights, Medicaid and nursing home rights, elder housing rights.  
[www.connlegalservices.org](http://www.connlegalservices.org)

**CT COMMUNITY LAW CENTER AT UCONN.....1-860-570-5400**  
Legal help for low-moderate income individuals and families  
45 Elizabeth Street, Hartford, CT [cclc@uconn.edu](mailto:cclc@uconn.edu)

**CONSUMER PROTECTION.....1-800-842-2649**  
<http://www.ct.gov/dcp/cwp/view.asp?a=1629&q=274430>

**HOUSING COURT.....203-846-4332**  
Help with landlord-tenant matters, evictions.

**LAWYER REFERRAL SERVICE.....203-335-4116**  
Bar Association sponsored service. Referral locally, \$35 first half hour.  
[www.bridgeportbar.org](http://www.bridgeportbar.org)

**PROBATE COURT.....203-341-1100**  
Town Hall, Room 100 [www.westportct.gov](http://www.westportct.gov)  
Probates wills; administers estates and trusts; appoints conservators of persons and estates of incapable persons; appoints guardians.

**STATEWIDE LEGAL SERVICES/CT-ELDERLY UNIT.....1-800-453-3320**  
<http://slsct.org/>

**UCONN CONNECTICUT COMMUNITY LAW CENTER (CCLC)..860-570-5400**  
[cclc@uconn.edu](mailto:cclc@uconn.edu).  
Affordable legal consultation to low & moderate income [individuals & families](#).

## 18

## MONEY MATTERS

### **AMERICAN RED CROSS.....1-800-319-9935**

Chapter Headquarters : 209 Farmington Ave.

Farmington, CT, 06032

24 hours; 7 days a week. Temporary housing, food and clothing assistance in emergency relief situations .....**Phone: (877) 287-3327**

[www.redcross.org](http://www.redcross.org)

### **CT DEPT. OF VETERANS AFFAIRS.....1-860-616-3683/3684**

Help with benefits and other concerns of veterans. Office of advocacy and assistance. [www.state.ct.us/ctva/](http://www.state.ct.us/ctva/)

### **CT DEPT OF SOCIAL SERVICES.....toll free..... 1-855-626-6632**

925 Housatonic Avenue, Bridgeport

SNAP also known as Food stamps, State Supplement (cash assistance);

Medicaid also known as Title 19; and “QMB”, a program that helps with Medicare premiums and deductibles for those eligible. [www.dss.state.ct.us](http://www.dss.state.ct.us)

### **DEPT OF HUMAN SERVICES.....203-341-1050**

Westport Town Hall, Room 200

Information and assistance with financial needs including; Medicare, Medicare Part D, Medicaid, Social Security, SSI, home-owners tax relief, renters relief, sewer charges relief, fuel assistance, food stamps, accessory apartment conversions. Help with “redtape.”

[www.westportct.gov](http://www.westportct.gov)

### **FUEL ASSISTANCE**

**Department of Human Services (Westport residents).....203-341-1050**

**Alliance for Community Empowerment (formally ABCD)**

**(non-residents).....203-838-8110**

149 Water Street, 2nd floor, Norwalk [www.abcd.org](http://www.abcd.org)

### **OPERATION FUEL**

Partners with community-based organizations to ensure people in need have access to year-round energy assistance. Online application available.

Contact **Department of Human Services** for further assistance .....

**203-341-1050**

**WESTPORT HUMAN SERVICES (WESTPORT WARM-UP FUND)**

.....**203-341-1072**

Awards vary with income and family size. Income and asset guidelines.

**MEDICAID— Healthcare for low-income adults.....1-855-626-6632**

<https://portal.ct.gov/DSS/Common-Elements/How-to-Apply-for-Services/How-to-Apply-for-Services>

**MEDIGAP, MEDICARE PART D INSURANCE INFORMATION**

**CHOICES.....1-800-994-9422**

A cooperative program of the State of Connecticut, Department of Social Services, the Area Agencies on Aging and the Center for Medicare Advocacy. [www.swcaa.org](http://www.swcaa.org)

**MONEY MANAGEMENT INTL.....1-866-889-9347**

Organization provides free financial counseling, debt management. [www.moneymanagement.org](http://www.moneymanagement.org)

**NATIONAL COUNCIL ON AGING.....[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)**

Computer web site with confidential screening tool to determine eligibility for state and federal programs, with detailed instructions on how to apply for them.

Contact: [www.swcaa.org](http://www.swcaa.org).....**1-800-994-9422**

**NEW ENGLAND PENSION ASSISTANCE PROJECT.....1-888-425-6067**

Assistance for individuals having trouble understanding or obtaining their pension benefits, as well as finding lost pensions.

[www.umb.edu/pensionaction](http://www.umb.edu/pensionaction)

**PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAM**

Pharmaceutical companies in cooperation with physicians supplying free prescription drugs for those who qualify. Through your own doctor.

**SOCIAL SECURITY ADMINISTRATION.....1-800-772-1213**

**Bridgeport Office.....1-866-331-6399**

35 Courtland Street

Bridgeport, CT 06606

Information on Social Security, Medicare and Supplemental Security

Income, Disability Assistance. Call first. [www.ssa.gov](http://www.ssa.gov)

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

[www.ctsnap.org](http://www.ctsnap.org).....1-866-974-SNAP

(7627) Federally funded program that allows qualified individuals & and family members purchase groceries (formally known as food stamps.)

**TAX RELIEF / RENTERS RELIEF / SEWER RELIEF**

**Assessor.....203-341-1139**

**Department of Human Services.....203-341-1067**

For 65 years plus or disabled; income eligibility differs for various state and local programs. D.H.S. offers home appts. to medically-homebound residents who qualify for these programs.

**TAX HELP AND FILING (FREE)**

**Westport Town Hall.....203-341-1050**

**Westport Center for Senior Activities.....203-341-5099**

With emphasis on low-and middle-income households and special attention to those age 60 and older.

**UNEMPLOYMENT COMPENSATION.....203-348-2696**

Labor Department, 111 High Ridge Road, Stamford

<http://www.ctdol.state.ct.us/UI-Online/Index.htm>



**AMERICA THE BEAUTIFUL- National Parks and Federal Recreational Lands Pass-** \$20 lifetime pass to Federal Parks for adults 62+. Obtain pass at park you visit. <http://store.usgs.gov>

**CAREER COACH** - Is a “training center” tour bus equipped with ten wireless computer labs offering free computer classes to residents in the greater Norwalk area. The mobile unit operates on a monthly schedule of visits to various community locations and is accessible to people with disabilities. Please contact DHS, Room 200.....**203-341-1050**

**CENTER FOR SENIOR ACTIVITIES.....203-341-5099**

21 Imperial Avenue

The CSA is dedicated to enhancing the quality of life for adults 60 years of age and older. Hours: Monday, Tuesday, Wednesday, and Friday from 7:30AM-4:30PM, Thursday until 8:00PM, Saturdays: 8:30-3:00PM. The Friends of the Westport Center for Senior Activities sponsor special programs and can be found at <https://www.wscfriends.org/>.

The WCSA offers dedicated space for art, fitness, cards/games, lectures, movies, meetings, socials, “Grab and Go” concession and computer tech assistance. There is plenty of parking to accommodate participants. Handicap accessible.

The CSA offers recreational, cultural, social and educational programs and support groups. Senior café-lunch requires 24-hour advance notice, donation requested.

Monthly newsletter, schedule of activities, intake forms, and menu, please go to:

<https://www.westportct.gov/government/departments-a-z/human-services/center-for-senior-activities> .

Activities include: lectures, discussion groups, current events, one-on-one computer training, strength training, weight resistance, Parkinson’s Fitness, TRX, gardening, bridge lessons, poker, Mahjong, board games, table tennis, jewelry making, painting/drawing, watercolor, sculpture, stained glass, dance fitness, Pilates, Tai Chi, Qigong, mindfulness/stress reduction, yoga, light aerobics, health screenings, hearing testing, lending library, writing workshop, short stories series, safe driving program, culinary courses, tax counseling, college level courses, barbeques, information and referral, special weekend events in a beautiful terrace in a park-like setting. The CSA offers a vibrant [WCSA YouTube](#) channel to encourage our homebound residents to stay active and engaged. [Sign up for email updates](#) and/or contact seniorcenter@westportct.gov to register for a class by calling 203-341-5099.

**CHARTER OAK PASS.....1-860-424-3200, press 2**

Free pass to CT State Parks for adults 65 and over. Send a clear copy of driver's license or photo I.D. (which shows address and date of birth) to:

Dept. of Environmental Protection

Charter Oak Pass - State Parks

79 Elm St., Hartford, CT 06106

**CHURCHES AND SYNAGOGUES**

Your church or synagogue may have a senior group. It may also provide counseling, home visiting, and transportation to religious services.

[Places of Worship](#)

**COLLEGE COURSES**

Many nearby colleges offer to discount or waive their course fees.

**ROAD SCHOLAR.....(toll free)....1-877-426-8056**

College-level classes, travel, volunteer programs, multi generational trips combined with living on campus, in hotels, motels and aboard ship for a week or more are offered by Road Scholar at moderate cost. Free quarterly catalogues for national and international programs are available by calling the toll free number. [www.roadscholar.org](http://www.roadscholar.org)

**FISHING AND HUNTING LICENSES.....203-341-1110**

Westport Town Hall, Town Clerk's Office, Room 105

Discounted licenses for adults 65 and over, Annual renewal necessary.

**LIFETIME LEARNERS INSTITUTE.....203-857-3330**

**Norwalk Community College**

For adults 50 and over. Membership fee \$50; \$30 fee for each course.

[www.lifetimelearners.org](http://www.lifetimelearners.org)

**PARKS AND RECREATION.....203-341-5090****Longshore Club, 260 Compo Road South**

For most activities there are special rates for adults 62 and over. Hand-held beach emblems are available to senior residents who don't drive.

[www.westportct.gov](http://www.westportct.gov)

**STAPLES HIGH SCHOOL POOL.....203-341-5090**

Pool is open to residents from mid November to early June 5. Tues and Thurs, 5:30 PM to 9:00 PM.; Sat and Sun 1:15 PM to 3:45 PM. Hand pass required, daily fee \$7. Season pass for age 62 and over \$100. Pool closed during Staples H. S. events and holidays. Park and Recreation cancellations: 203-341-5074.

**WESTPORT BOARD OF EDUCATION****CONTINUING EDUCATION.....203-341-1209**

Classes at Center for Senior Activities as well as Staples High School; reduced senior rates. [www.westportcontinuinged.com](http://www.westportcontinuinged.com)

**WESTPORT CHAMBER OF COMMERCE.....203-227-9234**

List of "Things to Do" in or near Westport. Maps.

[www.westportchamber.com](http://www.westportchamber.com)

**WESTPORT LIBRARY.....203-291-4840**

The recently enhanced Westport Library hosts nearly 2,000 free programs each year and offers access to a wide variety of services – reference support, tech help, readers advisory and more. The innovative and interesting programming includes lectures, films, author talks, book discussions and other events. Free high-speed access to the Internet on computers as well as wireless access throughout the building. Handicapped access throughout the building. The Library also has a varied collection of materials including large-print books, E-Readers, and audiobooks. Motorized scooter available for use within the library. "Grandkits" are a special service for grandparents with visiting grandchildren—call 203-291-4810 to request a bundling of books, toys, movies and music. For general information, visit

[www.westportlibrary.org](http://www.westportlibrary.org)

**WESTPORT WESTON FAMILY Y.....203-226-8981**

Discounted membership rates for adults 65 and over. Variety of special programs including: senior aqua fitness, arthritis aquatic program, senior strength training, use of fitness center and pool. <http://westporty.org/>

**Y'S MEN OF WESTPORT.....[www.ysmenwestportweston.org](http://www.ysmenwestportweston.org)**

Retired and semi-retired men meet weekly at the Saugatuck Church from September through May, on Thursday mornings at 10AM. Special interest groups meet at other times.

**Y'S WOMEN OF WESTPORT .....[www.yswomen.org](http://www.yswomen.org)**

Opportunities for learning, social and recreational activities. General meetings usually two Mondays each month. Coffee and socializing begin at 10:45 AM and the meeting is from 11:30-12:30PM. Membership fee of \$35. Special interest groups and volunteer opportunities.

**65 PLUS CLUB.....203-341-1026**

Call the Executive Assistant to the Superintendent of Schools or pick up an application at either the Center for Sr. Activities or Town Hall, Room 200. A membership card entitles holder to complimentary tickets to plays and concerts given by Westport students, free admission to home sports events and use of Staples Library. Allow two weeks to receive membership card.

**AAA Office**

**495 Westport Avenue, Norwalk.....203-293-1724**

**AMERICAN CANCER SOCIETY.....1-800-227-2345**

Transportation to cancer related medical appointments anywhere in the area for cancer patients. 48 hour notice. No cost. [www.cancer.org](http://www.cancer.org)

**FAMILY & CHILDREN'S AGENCY– HOME CARE PLUS.....203-831-2900**

Wheel chair accessible van. Assisted transportation for 60 + years of age. Seniors may qualify for discounts..... [www.familyandchildrensagency.org](http://www.familyandchildrensagency.org)

**DEPT OF MOTOR VEHICLES**

**540 Main Avenue, Norwalk, CT 06851.....800-842-2222**

Alternate number: .....860-263-5700

Online at:..... <http://www.dmv.org/ct-connecticut/>

**HANDICAPPED PARKING PERMIT & Non-Driver Photo ID.**

.....203-341-1050

Applications available in Town Hall, Room 200, and the Center for Sr. Activities. Online at: ..... <http://www.dmv.org/ct-connecticut/>

**KENNEDY CENTER - VETERAN & DISABLED TRANSPORTATION**

**SERVICES.....203-365-8522 EXT. 263**

.....<http://www.thekennedycenterinc.org/>

**KNOW HOW TO GO CT.....[www.knowhowtogoc.org](http://www.knowhowtogoc.org)**

**Veyo State Medical Insurees—Non-Emergency**

.....888-248-9895

The CT Dept. of Social Services has contracted with Veyo to manage Medicaid non-emergency medical transportation services. Call to schedule rides.

**METRO NORTH TRAIN SCHEULE.....<http://www.mta.info/>**

**NORWALK TRANSIT**

**COASTAL LINK.....203-852-0000**

Post Road bus service from Norwalk to Milford. Monday through Saturday; 6:0 AM. to 8:00 PM; Sunday: 9 AM. to 7PM. Senior and disabled fare:

\$.60 with ID card or Medicare card. .... [Coastal Link](#)

**NORWALK TRANSIT DISTRICT****DOOR TO DOOR.....203-299-5180**

Service within Westport for residents 65 plus and disabled individuals: \$3.50 per trip. Purchase of ten tickets: \$35.00. Wheelchair lift. Registration required. Advance reservation necessary. Purchase tickets in advance at: the Center for Senior Activities and Town Hall Room 200, or by mail.:

Norwalk Transit district  
275 Wilson Avenue  
Norwalk, CT 06854

.....[NTD Elderly and Disabled Services Link](#)

**NORWALK TRANSIT DISTRICT (TOWN-TO-TOWN).....203-299-5180**

Service for Westport residents 65 plus and disabled individuals to New Canaan, Wilton, Norwalk. Wheelchair lift. Two tickets for one way across one town line, three for across two or more town lines. See Door-to-Door for registration and ticket information. [www.norwalktransit.com](http://www.norwalktransit.com)

**PROJECT GO.....203-341-1067**

Limited number of free door-to-door transit tickets for income eligible seniors.

**RAILROAD PARKING.....203-341-6052**

Free parking in \$5.00-a day designated parking area at railroad station two times a month for 62 years of age and over. After receiving first \$5.00 ticket go to police station to register. After that, call and mail tickets to have two a month free.

**RIDES IN SIGHT.....[www.ridesinsight.org](http://www.ridesinsight.org)**

Website dedicated to providing local transportation options.

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## VOLUNTEER OPPORTUNITIES

**PERSON TO PERSON.....203 939-1650**  
Donations of non-perishable food are welcomed in addition to being available to those in need. <http://p2phelps.org/norwalk/>

**FRIENDS OF THE CENTER FOR SENIOR ACTIVITIES.....203-341-5098**  
Voluntary organization committed to supporting the mission and goals of the Center and to enriching and expanding the programs and activities it offers to the Westport community.

**HOMES WITH HOPE.....203-226-1661**  
Donate your time to serve dinner at the Community Kitchen, join a committee, organize a food drive. [www.hwhct.org](http://www.hwhct.org)

**SERVICE CORPS OF RETIRED EXECUTIVES (SCORE).....**  
Counselors to America's Small Business, Fairfield County Chapter 41  
[www.scorenorwalk.org](http://www.scorenorwalk.org)  
111 East Avenue  
Norwalk, CT 06851  
Tel: (203) 831-0065.....E-mail: [score.fairfieldcounty@gmail.com](mailto:score.fairfieldcounty@gmail.com)

**VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY.....203-762-8958, EXT 316**  
Many opportunities to volunteer: peer counselor, hospice, patient support, culture program, etc. [www.visitingnurse.net](http://www.visitingnurse.net)

**VOLUNTARY ACTION CENTER.....203-939-1601**  
A program of the Human Services Council which provides referrals for community volunteers. Individual's skills are matched with needed community services. <http://norwalkresources.org/details.php?id=571>

**VOLUNTEER PROGRAMS / HUMAN SERVICES DEPT.**  
Volunteers needed for the DHS Home-Delivered Meals and Congregate Meal Programs, technology training, gardening program at the Senior Center; volunteers needed for Youth Mentor Program.  
**CSA - 203-341-5099.....Room 200. ....203-341-1050**

**VOLUNTEERING—Local .....[www.volunteermatch.org](http://www.volunteermatch.org).**  
Log on, enter your zip code, and find local opportunities to volunteer.

**HOMES WITH HOPE—WOMEN'S MENTORING INITIATIVE**  
Trained volunteers support women at risk who are struggling to create self-sufficient lifestyles.....<http://www.hwhct.org/>

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### **THE COMMISSION FOR SENIOR SERVICES**

Les Wolf, Chairman  
Bob Fox  
Peter Kolbrener  
Anne Spencer

#### **Mission Statement**

The Westport Commission for Senior Services provides a public forum for the study and discussion of our community's senior needs and advocates for appropriate change.

The Commission serves to advise and consult with the First Selectman, the Department of Human Services, and our senior community on issues and resources pertaining to seniors in Westport.

### **THE HUMAN SERVICES COMMISSION**

Robert Galan, Chairman	
Lee Ann Bollert	Ken Bernhard
Rev. Peter Powell	Beth Bass
Yvonne Senturia	Claudia Coplen

#### **Mission Statement**

The Westport Human Services Commission provides a public forum for the study and discussion of our community's human service needs and to advocate appropriate change.

The Commission serves to advise and consult the First Selectman and the Department of Human Services on issues pertaining to Human Services in Westport.

### **THE COMMISSION ON PEOPLE WITH DISABILITIES**

Jim Ross, Chairman	
Stacie Curran	Marina Derman
Tom Holleman	Diane Johnson
Evan Levinson	Doug Rivkin

#### **Mission Statement**

The Commission on People with Disabilities' mission is to ensure that Westport is a town where people with disabilities have the opportunity and support to enjoy full and equal access to lives of independence, productivity, inclusion and self-determination.

Commission meetings are held monthly and are open to the public. Call 203-341-1050 for dates and times.

